



## Nakshatra-Based Medicinal Gardens: A Synthesis of Vedic Astrology and Ayurvedic Pharmacology

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### ABSTRACT :

Nakshatra Vatika, a traditional Vedic concept, integrates astrology with Ayurveda by associating each of the 27 lunar Nakshatras with specific medicinal plants. These sacred groves were traditionally established to balance planetary influences and promote holistic health by aligning an individual's birth star with corresponding plant energies. The present study explores the health relevance of Nakshatra plants and their role in Ayurvedic dosha (Vata, Pitta, Kapha) balance. A comprehensive review was conducted using classical texts and ethnobotanical sources to identify plants associated with each Nakshatra. Their medicinal uses were assessed through Ayurvedic pharmacological properties and contemporary scientific research. Each plant's therapeutic profile was analyzed in terms of its effect on Tridosha balance. Twenty-seven primary Nakshatra plants were identified, each exhibiting distinct pharmacological actions. For instance, *Embolia officinalis* (Amla) under Bharani Nakshatra balances all three doshas, while *Terminalia arjuna* (Arjun), linked to Swati, supports cardiovascular health and reduces Pitta. A consistent relationship was observed between the nakshatra's elemental attributes and the doshic action of its associated plant. Nakshatra Vatika offers a personalized, dosha-specific approach to preventive health. This garden not only preserve biodiversity but also support mental and physical wellness by aligning cosmic influences with herbal therapy. Reviving such traditional gardens in public and urban spaces can enhance eco-consciousness and promote Ayurveda-based lifestyle practices.

**KEYWORDS:** Nakshatra Vatika, Ayurveda, Dosha balance, Medicinal plants, Ethnobotany, Vedic astrology

### INTRODUCTION

In ancient Indian traditions, the interrelationship between nature, health, and cosmic forces has been deeply rooted in both Vedic astrology and Ayurveda. One such profound manifestation of this integration is the concept of *Nakshatra Vatika*, or astrologically designed medicinal gardens. These sacred gardens are established by aligning 27 specific plant species with the 27 *Nakshatras* (lunar constellations) described in the Vedic astronomical system. Each Nakshatra is symbolically and therapeutically associated with a particular plant, believed to influence an individual's health and destiny according to their birth star<sup>1</sup>.

The plants associated with each Nakshatra are traditionally believed to pacify the malefic effects of planetary positions and foster physical and mental health. Their selection was not arbitrary; rather, it was guided by the inherent qualities of the plants, their *Ayurvedic properties*, and their ability to balance the *Tridoshas*—*Vata*, *Pitta*, and *Kapha*—which are considered the fundamental biological energies in Ayurveda<sup>2</sup>.

While the spiritual and cultural significance of Nakshatra Vatikas is well acknowledged, their scientific and therapeutic potential remains underexplored. This study aims to bridge that gap by reviewing the traditional plant associations of Nakshatras, analyzing their Ayurvedic pharmacological actions, and establishing their relevance in modern health contexts. Through this, the article highlights how celestial wisdom, botanical knowledge, and Ayurvedic science converge to offer a sustainable and personalized model of preventive healthcare<sup>3</sup>.

**Table 1.Details of the nakshatra vatika plants<sup>4</sup>**

| Sl. No. | Nakshatra              | Position      | Plant Name               | Botanical Name              | Family        |
|---------|------------------------|---------------|--------------------------|-----------------------------|---------------|
| 1       | Ashwini (Beta Arietis) | 0–13°20′      | Kajra (Poison nut)       | <i>Strychnos nux-vomica</i> | Loganiaceae   |
| 2       | Bharani (41 Arietus)   | 13°20′–26°40′ | Amla (Indian gooseberry) | <i>Embolia officinalis</i>  | Euphorbiaceae |
| 3       | Kritika (Etatauri)     | 26°40′–40°00′ | Umbar (Cluster fig)      | <i>Ficus racemosa</i>       | Moraceae      |
| 4       | Rohini (Aldebaran)     | 40°00′–53°20′ | Jamun (Java plum)        | <i>Syzygium cumini</i>      | Myrtaceae     |
| 5       | Mrigashirsha           | 53°20′–66°40′ | Khair (Cutch tree)       | <i>Acacia catechu</i>       | Leguminosae   |

|    |                                  |                     |                                   |                                    |                  |
|----|----------------------------------|---------------------|-----------------------------------|------------------------------------|------------------|
| 6  | Aardra (Gamma)                   | 66°40'–<br>80°00'   | Sissam (Indian rosewood)          | Dalbergia sissoo                   | Fabaceae         |
|    |                                  |                     | Krishna guru (Agarwood)           | Aquilaria agallocha                | Thymelaeaceae    |
|    |                                  |                     | Krishna kamal (Passion fruit)     | Passiflora edulis                  | Passifloraceae   |
|    |                                  |                     | Thippali (Long pepper)            | Piper longum                       | Piperaceae       |
| 7  | Punarvasu (Beta Gemini)          | 80°00'–<br>93°20'   | Bamboo                            | Dendrocalamus strictus             | Poaceae          |
|    |                                  |                     | Bamboo                            | Bambusa arundinaceae               | Poaceae          |
|    |                                  |                     | Babul (Gum arabic tree)           | Vachellia nilotica                 | Fabaceae         |
| 8  | Pushya (Delta Cancr)             | 93°20'–<br>106°40'  | Peepal (Sacred fig)               | Ficus religiosa                    | Moraceae         |
| 9  | Ashlesha (Zeta Hydare)           | 106°40'–<br>120°00' | Nagkesar (Indian rose chestnut)   | Mesua ferrea                       | Calophyllaceae   |
| 10 | Magha (Regulus)                  | 120°00'–<br>133°20' | Vata vruksh (Banyan tree)         | Ficus bengalensis                  | Moraceae         |
| 11 | Purva Phalguni                   | 133°20'–<br>146°40' | Palash (Flame of forest)          | Butea monosperma                   | Fabaceae         |
|    |                                  |                     | Sita Ashok (Ashoka tree)          | Saraca asoca                       | Caesalpinaceae   |
| 12 | Uttara Phalguni                  | 146°40'–<br>160°00' | Payar Peepal (Golden Rumph's fig) | Ficus rumphii                      | Moraceae         |
|    |                                  |                     | Paras Peepal (Portia tree)        | Thespesia populnea                 | Malvaceae        |
|    |                                  |                     | Pakur (White fig)                 | Ficus infectoria                   | Moraceae         |
|    |                                  |                     | Shami (Spunge tree)               | Prosopis cineraria                 | Leguminosae      |
| 13 | Hasta (Delta Corvi)              | 160°00'–<br>173°20' | Chameli (Jasmine)                 | <i>Jasminum grandiflorum</i>       | Oleaceae         |
|    |                                  |                     | Ambada (Wild mango)               | <i>Spondias mangifera</i>          | Anacardiaceae    |
| 14 | Chitra (Virginis spica)          | 173°20'–<br>186°40' | Bael (Stone apple tree)           | <i>Aegle marmelos</i>              | Rutaceae         |
| 15 | Swati (Alpha Bootis/Arcturus)    | 186°40'–<br>200°00' | Arjun (Arjun tree)                | <i>Terminalia arjuna</i>           | Combretaceae     |
| 16 | Vishakha (Alpha Librae)          | 200°00'–<br>213°00' | Viklo (Red spike thorn)           | <i>Maytenus emarginata</i>         | Celastraceae     |
|    |                                  |                     | Parijat (Night jasmine)           | <i>Nyctanthes arbor-tristis</i>    | Oleaceae         |
|    |                                  |                     | Nagkesar (Indian rose chestnut)   | <i>Mesua ferrea</i>                | Calophyllaceae   |
| 17 | Anuradha (Delta Scorpii)         | 213°00'–<br>226°40' | Champhar (Governor's plum)        | <i>Flacourtia montana</i>          | Salicaceae       |
|    |                                  |                     | Dadhiphal (Elephant apple)        | <i>Limonia acidissima</i>          | Rutaceae         |
|    |                                  |                     | Bakul (Bullet wood)               | <i>Mimusops elengi</i>             | Sapotaceae       |
|    |                                  |                     | Nagkesar (Indian rose chestnut)   | <i>Mesua ferrea</i>                | Calophyllaceae   |
| 18 | Jyeshtha (Antares)               | 226°40'–<br>240°00' | Shimalo (Red silk cotton tree)    | <i>Bombax malabaricum</i>          | Bombacaceae      |
|    |                                  |                     | Kate savor (Red cotton tree)      | <i>Bombax ceiba</i>                | Bombacaceae      |
|    |                                  |                     | Neem (Margosa tree)               | <i>Azadirachta indica</i>          | Meliaceae        |
| 19 | Moola (Lambda Scorpii)           | 240°00'–<br>253°20' | Garmalo (Indian laburnum tree)    | <i>Cassia fistula</i>              | Leguminosae      |
| 20 | Purva Ashadha (Delta Saggiarii)  | 253°20'–<br>266°40' | Raal (White damar)                | <i>Vateria indica</i>              | Dipterocarpaceae |
|    |                                  |                     | Bael (Stone apple tree)           | <i>Aegle marmelos</i>              | Rutaceae         |
|    |                                  |                     | Vet (Rattan cane)                 | <i>Calamus rotang</i>              | Arecaceae        |
|    |                                  |                     | Sita Ashok (Ashoka tree)          | <i>Saraca indica</i>               | Caesalpinaceae   |
| 21 | Uttara Ashadha (Sigma Saggiarii) | 266°40'–<br>280°00' | Panas (Jack fruit tree)           | <i>Artocarpus heterophyllus</i>    | Moraceae         |
| 22 | Shravan (Alpha Aquila/Altair)    | 280°00'–<br>293°20' | Rui (Milk weed)                   | <i>Calotropis procera/gigantea</i> | Asclepiadaceae   |

|    |                                          |                   |                            |                             |                |
|----|------------------------------------------|-------------------|----------------------------|-----------------------------|----------------|
| 23 | Dhanishtha (Beta Delphini)               | 293°20' – 306°40' | Nariyal (Coconut tree)     | <i>Cocos nucifera</i>       | Arecaceae      |
|    |                                          |                   | Sita Ashok (Ashoka tree)   | <i>Saraca asoca</i>         | Caesalpinaceae |
|    |                                          |                   | Shami (Spunge tree)        | <i>Prosopis cineraria</i>   | Mimosaceae     |
|    |                                          |                   | Nariyal (Coconut tree)     | <i>Cocos nucifera</i>       | Arecaceae      |
| 24 | Shatataraka (Lambda Aquarii)             | 306°40' – 320°00' | Kadamb (Burflower tree)    | <i>Mitragyna parvifolia</i> | Rubiaceae      |
| 25 | Purva Bhadrapada (Beta Pegasi/Markab)    | 320°00' – 333°20' | Aam (Mango tree)           | <i>Mangifera indica</i>     | Anacardiaceae  |
|    |                                          |                   | Neem (Margosa tree)        | <i>Azadirachta indica</i>   | Meliaceae      |
| 26 | Uttara Bhadrapada (Gamma Pegasi/Algenib) | 333°20' – 346°40' | Aam (Mango tree)           | <i>Mangifera indica</i>     | Anacardiaceae  |
|    |                                          |                   | Neem (Margosa tree)        | <i>Azadirachta indica</i>   | Meliaceae      |
| 27 | Revati (Zeta Piscium)                    | 346°40' – 360°00' | Mahua (Indian butter tree) | <i>Madhuca indica</i>       | Sapotaceae     |



Fig 1. Nakshatra Vaatika

- **Ashwini** – *Strychnos nux-vomica*: A nervine stimulant supporting the nervous system; beneficial in arthritis and Vata disorders like neurological issues<sup>5</sup>.

- **Bharani** – *Emblica officinalis* (Amla): A rasayana herb rich in Vitamin C; balances Pitta and Vata; improves immunity, digestion, eyesight, and skin health<sup>6</sup>.
- **Krittika** – *Ficus racemosa* (Cluster fig): Supports digestion, treats inflammatory bowel conditions, and skin irritations; useful in Pitta disorders<sup>7</sup>.
- **Rohini** – *Syzygium cumini* (Jamun): A cooling, astringent plant that regulates blood sugar, treats ulcers, and supports reproductive health<sup>8</sup>.
- **Mrigashira** – *Acacia catechu* (Khair): Astringent and anti-diarrheal; pacifies Pitta and Kapha, supports oral and digestive health<sup>9</sup>.
- **Ardra** – *Dalbergia sissoo* (Sissam): Anti-inflammatory and analgesic; helps in pain relief, skin health, and reducing Pitta and Vata<sup>10</sup>.
- **Punarvasu** – *Bambusa arundinacea* and *Dendrocalamus strictus* (Bamboo): Cooling, diuretic, antioxidant; effective in fever, urinary issues, and Pitta-Kapha disorders<sup>11, 12</sup>.
- **Pushya** – *Ficus religiosa* (Peepal): Balances all three doshas; promotes respiratory, oral, and digestive health<sup>13</sup>.
- **Ashlesha** – *Mesua ferrea* (Nagkesar): Antioxidant, blood-purifying, and antimicrobial; good for skin disorders and bleeding piles<sup>14</sup>.
- **Magha** – *Ficus benghalensis* (Banyan): Controls diabetes, improves skin and reproductive health; pacifies Kapha and Pitta<sup>15</sup>.
- **Purva Phalguni** – *Butea monosperma* (Palash): Useful in menstrual, skin, and blood conditions; acts as a stimulant and Kapha reduce<sup>16</sup>.
- **Uttara Phalguni** – *Ficus rumphii*, *Thespesia populnea*, *Prosopis cineraria*: Promote wound healing, gastrointestinal health, and reproductive vitality<sup>17</sup>.
- **Hasta** – *Spondia mangifera* and *Jasminum grandiflorum*: Aromatherapeutic and detoxifying; treat menstrual issues and poisoning<sup>18, 19</sup>.
- **Chitra** – *Aegle marmelos* (Bael): Excellent for gastrointestinal and respiratory disorders; pacifies Vata and Pitta<sup>20</sup>.
- **Swati** – *Terminalia arjuna* (Arjun): A cardiotonic herb; balances Pitta; improves skin and blood circulation<sup>21</sup>.
- **Vishakha** – *Flacourtia montana* (Champhar): Antibacterial and diuretic; treats asthma and urinary complaints<sup>22</sup>.
- **Anuradha** – *Mimusops elengi* (Bakul): Supports fertility, oral health, and wound healing; coolant for Pitta and Kapha<sup>23</sup>.
- **Jyeshtha** – *Bombax malabaricum* (Silk cotton tree): Cooling and demulcent; effective for ulcers, leucorrhea, and general debility<sup>24</sup>.
- **Moola** – *Cassia fistula* (Amaltas): Mild laxative, detoxifier, anti-inflammatory; effective for Pitta and Kapha disorders<sup>25</sup>.
- **Purva Ashadha** – *Calamus rotang* (Rattan cane): Antibacterial and healing; aids Kapha-related digestive and wound issues<sup>26</sup>.
- **Uttara Ashadha** – *Artocarpus heterophyllus* (Jackfruit): Reduces blood pressure, improves digestion, useful in Kapha-Vata disorders<sup>27</sup>.
- **Shravana** – *Calotropis gigantea* (Rui): Hot and potent; treats cough, ear issues, and skin ailments; boosts immunity<sup>28, 29</sup>.
- **Dhanishta** – *Prosopis cineraria* (Shami) and *Cocos nucifera* (Coconut): Shami is digestive and detoxifying; coconut nourishes Vata and cools Pitta<sup>30</sup>.
- **Shatataraka** – *Mitragyna parvifolia* (Kadamba): Balances Pitta; treats fever, thirst, and boosts lactation<sup>31</sup>.
- **Purva Bhadrapada & Uttara Bhadrapada** – *Mangifera indica* (Mango) and *Azadirachta indica* (Neem): Mango nourishes and pacifies Vata-Pitta; Neem detoxifies blood, treats infections, and balances Pitta-Kapha<sup>32</sup>.
- **Revati** – *Madhuca indica* (Mahua): A multipurpose plant with tonic effects on liver, skin, and joints; helpful in Vata-Kapha disorders<sup>33</sup>.

Table 2. Ayurvedic pharmacology aspect of Nakshatra vaatika plants<sup>34</sup>

| S.No. | Plant Name                         | Rasa (Taste)               | Guna (Qualities) | Virya (Potency) | Vipaka (Post-digestive effect) |
|-------|------------------------------------|----------------------------|------------------|-----------------|--------------------------------|
| 1     | <i>Strychnos nux-vomica</i>        | Tikta, Kashaya             | Laghu, Ruksha    | Ushna           | Katu                           |
| 2     | <i>Emblica officinalis</i>         | Amla (predominant), others | Laghu, Ruksha    | Shita           | Madhura                        |
| 3     | <i>Ficus racemosa</i>              | Kashaya                    | Guru, Ruksha     | Shita           | Katu                           |
| 4     | <i>Syzygium cumini</i>             | Kashaya, Madhura           | Guru, Ruksha     | Shita           | Katu                           |
| 5     | <i>Acacia catechu</i>              | Kashaya                    | Laghu, Ruksha    | Shita           | Katu                           |
| 6     | <i>Dalbergia sissoo</i>            | Tikta, Kashaya             | Laghu, Ruksha    | Ushna           | Katu                           |
| 7     | <i>Bambusa arundinaceae</i>        | Madhura, Tikta             | Laghu, Snigdha   | Sheeta          | Madhura                        |
| 8     | <i>Ficus religiosa</i>             | Kashaya                    | Guru, Ruksha     | Shita           | Katu                           |
| 9     | <i>Mesua ferrea</i>                | Tikta, Kashaya             | Laghu, Ruksha    | Shita           | Katu                           |
| 10    | <i>Ficus bengalensis</i>           | Kashaya                    | Guru, Ruksha     | Shita           | Katu                           |
| 11    | <i>Butea monosperma</i>            | Tikta, Kashaya             | Laghu, Ruksha    | Ushna           | Katu                           |
| 12    | <i>Thespesia populnea</i>          | Tikta, Kashaya             | Guru, Snigdha    | Ushna           | Katu                           |
| 13    | <i>Jasminum grandiflorum</i>       | Tikta, Madhura             | Laghu, Snigdha   | Ushna           | Madhura                        |
| 14    | <i>Aegle marmelos</i>              | Kashaya, Madhura           | Laghu, Ruksha    | Ushna           | Katu                           |
| 15    | <i>Terminalia arjuna</i>           | Kashaya, Tikta             | Laghu, Ruksha    | Sheeta          | Katu                           |
| 16    | <i>Mesua ferrea</i>                | Tikta, Kashaya             | Laghu, Ruksha    | Shita           | Katu                           |
| 17    | <i>Limonia acidissima</i>          | Amla, Kashaya              | Laghu, Snigdha   | Sheeta          | Madhura                        |
| 18    | <i>Azadirachta indica</i>          | Tikta, Kashaya             | Laghu, Ruksha    | Ushna           | Katu                           |
| 19    | <i>Cassia fistula</i>              | Madhura                    | Guru, Snigdha    | Shita           | Madhura                        |
| 20    | <i>Aegle marmelos</i>              | Kashaya, Madhura           | Laghu, Ruksha    | Ushna           | Katu                           |
| 21    | <i>Artocarpus heterophyllus</i>    | Madhura                    | Guru, Snigdha    | Ushna           | Madhura                        |
| 22    | <i>Calotropis procera/gigantea</i> | Tikta, Katu                | Laghu, Ruksha    | Ushna           | Katu                           |
| 23    | <i>Saraca asoca</i>                | Kashaya, Tikta             | Laghu, Ruksha    | Shita           | Katu                           |
| 24    | <i>Mitragyna parvifolia</i>        | Tikta, Kashaya             | Laghu, Ruksha    | Ushna           | Katu                           |
| 25    | <i>Mangifera indica</i>            | Kashaya, Madhura           | Guru, Snigdha    | Ushna           | Madhura                        |

|    |                           |                |               |       |         |
|----|---------------------------|----------------|---------------|-------|---------|
| 26 | <i>Azadirachta indica</i> | Tikta, Kashaya | Laghu, Ruksha | Ushna | Katu    |
| 27 | <i>Madhuca indica</i>     | Madhura        | Guru, Snigdha | Ushna | Madhura |

## DISCUSSION

The concept of Nakshatra Vatika, as rooted in Vedic astrology and supported by Ayurveda, reflects a profound integration of cosmic principles with plant-based healing traditions. Each Nakshatra, representing specific celestial influences, is associated with one or more plant species that embody unique medicinal properties. When examined through the lens of Ayurveda, these plants not only correspond symbolically with the energy of their respective Nakshatras but also offer therapeutic benefits by balancing the Tridoshas—*Vata*, *Pitta*, and *Kapha*.

For example, Nakshatras governed by fiery or transformative energy (like Kritika, Moola, or Ashwini) are often associated with herbs that stimulate digestion, detoxify the body, and pacify Vata or Pitta. In contrast, Nakshatras under lunar or water influence (such as Rohini, Pushya, or Revati) tend to be linked with cooling, nourishing herbs that calm Pitta and stabilize Kapha. This alignment reveals a deliberate and intuitive system of healing that integrates celestial patterns with herbal pharmacology.

Moreover, the Nakshatra plants are not merely symbolic but pharmacologically potent. Modern research supports their efficacy in managing a range of conditions—from diabetes (*Syzygium cumini*, *Cassia fistula*) and cardiovascular disorders (*Terminalia arjuna*) to skin diseases (*Azadirachta indica*, *Ficus benghalensis*) and respiratory ailments (*Ficus religiosa*, *Mesua ferrea*). This harmony between ancient wisdom and contemporary science emphasizes the value of conserving and promoting Nakshatra-based plantations, particularly in public spaces, schools, and urban wellness initiatives.

The Nakshatra Vatika thus becomes a living pharmacy—enhancing biodiversity, reinforcing cultural heritage, and providing dosha-specific health benefits that resonate with personalized Ayurvedic care. By aligning human health with natural and cosmic rhythms, these gardens offer a sustainable and spiritually enriching model of holistic wellness.

## CONCLUSION

The Nakshatra Vatika represents an ancient yet highly relevant approach to ecological and therapeutic wellness. By aligning celestial energies with the pharmacological strengths of specific medicinal plants, this tradition underscores the holistic vision of health as advocated by Ayurveda. Each Nakshatra-associated plant offers unique benefits in balancing the Tridoshas and addressing common health concerns, confirming that these gardens are not only spiritually significant but also medically valuable.

In the context of growing environmental degradation and the rise in lifestyle diseases, re-establishing such astrologically designed gardens in urban and rural settings can foster conservation, well-being, and awareness of traditional knowledge systems. Reviving Nakshatra Vatikas can serve as a bridge between cosmic understanding and modern healthcare, enriching biodiversity while promoting preventive and personalized health care through nature's pharmacy.

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